

SALMANIYA MEDICAL
COMPLEX
RADIOLOGY
DEPARTMENT



HAVING AN
ULTRASOUND
EXAMINATION

YOUR GUIDE TO THE
PROCEDURE

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*Your doctor has asked us to arrange an
Ultrasound (scan) examination for you.*

WHAT IS AN ULTRASOUND?

An ultrasound examination obtains a picture of the inside of the body without using X-rays. High frequency sound waves are passed through the skin and the sound is reflected back to a screen when it reaches an internal organ. This echo is displayed and forms a picture, which is interpreted by the radiologist. There are many organs in the body which can be 'viewed' by ultrasound and these include the liver, gallbladder, kidneys pancreas and pelvic organs. Most pregnancies are now monitored by ultrasound and this enables the doctor to know the age, health and position of the baby. There are some areas of the body which cannot be examined by ultrasound and these are areas where there is bone or gas (as in the bowel) and these are better visualised by other imaging methods.

HOW LONG WILL IT TAKE?

The examination usually takes about 15 minutes, but may vary depending on the region to be examined and patient's preparation in case of renal and lower abdomen.

WILL IT HURT?

You should not experience any pain during the examination. A 'gel' is applied to the area which is to be examined and then a hand-held 'transducer' is gently moved over the area to obtain a picture. You will have no after effects from this examination.

WHAT SHOULD I EXPECT WHEN I
ATTEND THE IMAGING
DEPARTMENT (X-Ray Dept.)?

A receptionist will receive you at the reception desk and after entering your personal data (name, CPR No., etc.) you will be asked to take a seat in one of the ultrasound waiting areas. From the waiting area you will be collected by a radiographer or a radiographer helper to the ultrasound room where the ultrasound is to be performed.

The ultrasound may either be carried out by a radiologist, a doctor who has specialised in diagnosing problems from reading ultrasound and X-ray images, or a radiographer who has acquired special skill, in ultrasound. After the examination, you may go home.

**DO I NEED TO DO ANYTHING
IN PREPARATION FOR THIS
EXAMINATION?**

In some cases – YES. This will depend on which area we are looking at.

If you are having a gallbladder or liver ultrasound, you will be asked to stop eating for 8 hours but you may take only water. If you are having a pelvic or renal ultrasound, please attend with a full urinary bladder. This can be achieved by drinking approximately half litre of fluid – four to six large glasses – about 45 minutes before the examination. All other ultrasound examination do not usually require special preparation.

It may be worth while practicing at home the day before by drinking quarter liter of liquid and seeing how long it takes until you ‘feel full’.

The success of the pelvic ultrasound depends on your bladder being full.

**PLEASE FOLLOW THE SPECIFIC
INSTRUCTIONS ON YOUR
APPOINTMENT LETTER.**

DURING THE EXAMINATION.

You will be asked to lie on a couch where the area under investigation will be accessible. Gel will be applied. The lights will be dimmed to allow better visualisation of the TV screen. The doctor or radiographer may ask you to change your position during the scan, and may also ask you to hold your breath to obtain better views of the organs.

**HOW WILL I GET THE
RESULTS?**

Although the films taken during the procedure are checked before you leave the department, the Radiologist will need to study them closely before making any comments. Once the radiologist has made his/her report, it will be typed and sent to the Radiology reception office. You may obtain a copy of your report 4-5 day after the exam. Please bring your CPR number to collect the report.

ARE YOU DIABETIC?

If the answer is Yes, and you are asked to not eat, please ring the department for advice.

**IF YOU HAVE ANY FURTHER
QUESTIONS.**

The staff of the department would like your visit to be as pleasant as possible. If you have any questions, please do not hesitate to ask us at any time before, during or after your examination.

Comment may be sent to:

***Radiology Department, Ultrasound
Unit, SMC, PO Box 12, MoH
Manama, Bahrain.***

Tel. 17284000 / 17284007

Appointment 17284005

***For further enquiry 24 Hrs.
17284084***

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